

STRENGTH AND CONDITIONING SCHEDULE



Regular Schedule: Mon. Sept. 10 - Thurs. Dec. 20, 2007 .

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 a.m.	CO-ED	CO-ED	CO-ED	CO-ED	CO-ED	CLOSED	
8 a.m.							
9 a.m.		PROGRAM		PROGRAM	PROGRAM		
10 a.m.							
11 a.m.							
Noon	WOMEN		WOMEN				
1 p.m.	CO-ED	CO-ED	CO-ED	CO-ED	WOMEN	CO-ED	CO-ED
2 p.m.							
3 p.m.	PROGRAM		PROGRAM				
4 p.m.	CO-ED		CO-ED		CO-ED		CLOSED
5 p.m.		WOMEN		WOMEN			
6 p.m.							
7 p.m.							
8 p.m.		CO-ED		CO-ED			
9 p.m.							
10 p.m.							

Program hours are not available for open recreation. They include bookings for academic classes. Some equipment use may be limited during exam periods.

Interested in an orientation to the Strength and Conditioning Centre? See the Group Fitness times for Strength and Conditioning Initiations. Classes are offered for women only and for beginners, coed. Registration is required, classes are a maximum of 6 participants.

The Field House also has a variety of cardio machines available for use in the field house including ellipticals, recumbent and upright bikes, handcycle ergometer, stairclimbers and rowel machines. There is a 20-minute limit on all cardio equipment. You must sign-up to use cardio equipment.

The SCC has a selection of Hammer Strength machines, free weights, barbells and dumbbells for all members to use.

There are Hammer Strength, Universal and weight training machines in the Field House.